Dyspepsia in Town Folk. See page 135.
The Science of Ghost-Seeing. See page 130.

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HEALTH

A WEEKLY JOURNAL OF
DOMESTIC AND SANITARY SCIENCE.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

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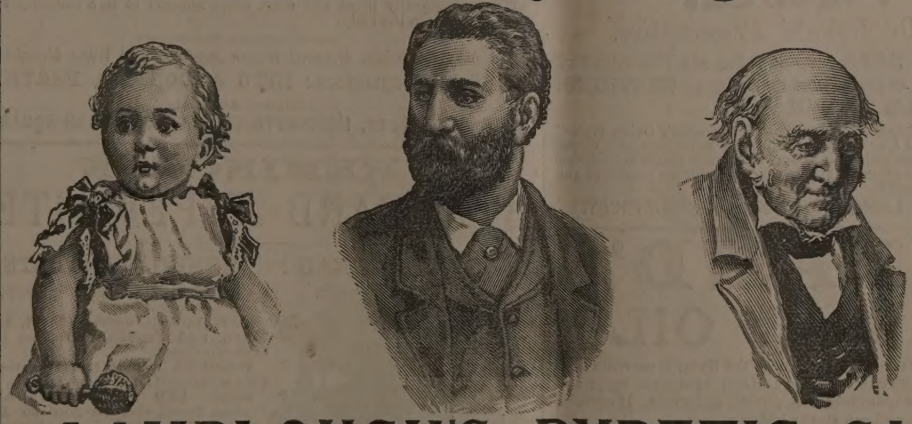

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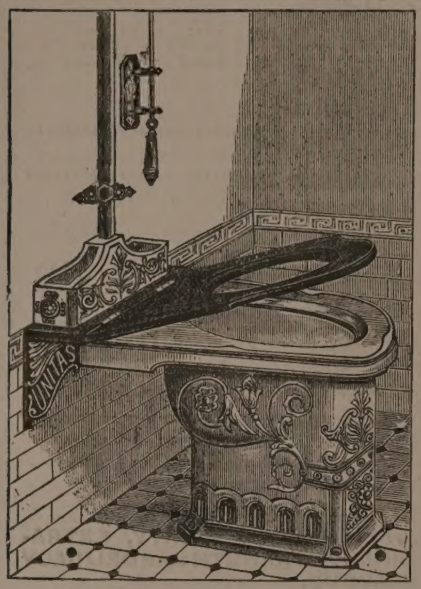

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• HEALTH •

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

IT has been estimated that, in a single night of the ball of the great opera at Paris, the 2,000 persons who participate in it expend an aggregate muscular force which is equal to 500 horse-power. This would suffice to drive a ship of 1,800 tons burden nearly forty miles. After such a forced muscular expenditure as occurs in dancing it is no wonder that immediately afterward many who participate need to recuperate. In connection with this it is interesting to note the amount of physical force expended in dancing. In giving some information on this head, a contemporary says that a statistical young man, by means of a pedometer, found out at a recent ball that in twenty-two dances he travelled thirteen and one-half miles. He also found that the average length of a waltz was one-half mile; of a polka, three-quarters of a mile; of a schottische, one and one-half miles; and of the lancers, one-quarter of a mile. From these sources of information it would not seem that dancing, whatever recreation it may promise, is very considerate in the economy of the physical forces of the human body.

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ACCORDING to M. Moulé, domestic fowls are frequently the subjects of consumption, the disease often involving the abdominal organs. *Paté de foie gras* is sometimes almost a pure culture of tubercle bacilli. Dr. Squire states that the bacillus of tuberculosis may enter the body (1) by inoculation through a cut or scratch; (2) by means of the genito-urinary mucous membrane; (3) by the product of conception, and by direct hereditary transmission; (4) by the mucous membrane of the alimentary canal; (5) by the mucous membrane of the respiratory tract, and by the air-cells of the lungs. The possibility of infection through the alimentary tract assumes importance from the prevalence of tuberculosis in animals which are used as food, and from the experimental proof of the infectiousness of the milk of tuberculous cows. The present state of knowledge on the subject points very strongly to the necessity for careful inspection of cattle kept for dairy purposes, and for precautions in using the milk, and possibly also the flesh, of diseased animals.

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I NOTE that a recent meeting of the Practitioners' Society of New York, Dr. Kinnicutt, the president, reported two cases of lead-poisoning occurring from an unusual source. The first patient was admitted to St. Luke's Hospital, suffering from lead colic and "wrist-drop." He had been employed as a florist; and on investigation by Dr. Vaughan, the house-physician, it was found he had been in the habit of biting off the ends of the tinfoil used as wrappers for hand bouquets. The tinfoil used for this purpose contained as much as eighty per cent. of lead. There was no history of other sources of lead-poisoning. The second patient was admitted to the hospital, suffering from lead colic, and presenting a typical blue gum-line. He had been in the habit, for several weeks, of drinking beer from bottles which, he said, were cleaned by his employer with lead shot. Dr. R. F. Weir recalled the fact that several cases of lead-poisoning, some years ago, had been traced to the use of a popular brand of chewing-tobacco which was wrapped in tinfoil. Dr. Dana referred to some cases of poisoning which had been traced to the consumption of certain beverages coming in bottles with so-called patent stoppers. He said that he had recently had two Chinese patients in his hospital service, both of whom were suffering from lead-poisoning. He was unable to trace the source of the poisoning.

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DR. J. LEWIS SMITH says that the extreme contagiousness of diphtheria from person to person is well known, and the virus adheres tenaciously to objects on which it happens to alight. The clothing of a patient, even when

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the disease is of the mildest form, his bedding, the furniture of his room, and the objects which he handles, may for weeks afterward communicate the disease. Dr. Stenberg, in his recent Lomb Prize essay, also mentions the fact that all damp, foul places, such as sewers, cellars, and ill-ventilated spaces under floors, afford conditions favourable for the development and propagation of the diphtheritic virus. The virus, once received, may be propagated in such a place for an indefinite time; and, ascending in the vapours which arise from this culture-bed, it is liable to communicate the disease to any one who inhales it. Thus, in New York, prior to 1850, although foul sewers and unsanitary conditions existed, there was no diphtheria; but in the decade following 1850 this disease was introduced. The germ made its way into the sewers under ground; and now, wherever sewer-gas escapes into the domiciles of the city, it carries with it the diphtheritic poison. The amazing vitality and power of propagation of this virus are apparent when we reflect that it has permanently infected the New York sewers, so that children in all parts of the city are constantly falling ill with the disease.

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A novel treatment of locomotor ataxy has been recently imported from Russia, and experimented upon by different physicians in Paris and London. The inventor of the new method is D. Motchowkowsky, of Odessa. This physician, having to set aright the deviated trunk of a patient afflicted with locomotor ataxy, proceeded, as is generally done, to suspend him for some minutes, after Serres' method, that is, held up by ropes and a plaster of Paris bodice. The patient noticed that, after a few days of treatment, the pains had much diminished. The physician repeated the process, and soon perceived that the progress was due, not to the use of the bodice, but merely to the suspension. The way the thing is done is very simple. To a solid piece of wood of a yard in length, held by the middle by a rope which passes through a pulley overhead, two slings are adapted, in which the patient passes his arms. These slings start from each end of the stick.

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From the middle start two other slings, receiving the chin and occiput of the patient. When all is ready, the stick is slightly elevated—a foot or so—by means of the rope and pulley, and the patient is allowed to hang for from one to four minutes. The treatment is to be performed twice or thrice a week. The results obtained in the Salpêtrière by M. Charcot prove very satisfactory, and by physicians in London, as the pain—the shooting pains—and muscular inco-ordination disappear rapidly. Suspension also improves the condition of the generative functions, on healthy as well as on ataxic persons. Prof. Charcot remains, however, somewhat sceptical as to the permanency of the favourable results obtained; but it is to be hoped, for the sake of sufferers, that the results will be of lasting character.

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Dr. C. Yaroshevski contributes to the *Russkaya Meditsina* a long article on the state of the medical profession in Russia. He points out that there are only 18,000 doctors for a population of 100,000,000, or one medical man to every 6,500 persons. This number of doctors in proportion to the population is very much less than in other European countries, yet the destitution among members of the profession is alarming. Of late there have been numbers of suicides of medical men who were without the bare necessaries of life. The fees for medical attendance are very low.

Original Essays

"Life is not to live, but to be well."—*Martial.*

THE SCIENCE OF GHOST-SEEING.

By Dr. Andrew Wilson.

SECOND PAPER.

Having in my last paper explained the *rationale* of ghost-seeing or illusions, we may pass to consider certain views regarding these curious phenomena of brain and sense, which have been enunciated by no less an authority than Dr. D. Hack Tuke. What Dr. Tuke has to say regarding mental phenomena at large is always worthy of close attention; and his opinions respecting illusions of sight and sense are, therefore, of special interest to all who take an interest in the topic of brain-science.

In his paper on "Hallucinations, and the Subjective Sensations of the Sane" (*Brain*, No. xliv.), there may be found a wealth of suggestive and philosophical thought not often presented in the pages of a technical and professional journal. Dr. Tuke begins by asking a series of four questions regarding hallucinations and the subjective sensations of sane persons. These questions are as follow:—

1. Has any advance been made in regard to the nature and seat of hallucinations since the period when Brewster enunciated his famous statement, that *all* hallucinations involve the corresponding peripheral sense-organ (*i.e.*, eye, ear, &c.)? 2. More especially, does the discovery of sensory centres in the cerebral cortex (or outer and grey layer of the brain) disprove this position? 3. If lateral pressure on one eyeball so as to disturb the axes of the eyes causes double vision, is it a certain proof of the external presence of an apparent object? (Brewster's test.) 4. What are the tests of the retina (or nervous network of the eye) being involved in visual hallucinations?

Sir D. Brewster's *Letters on Natural Magic* contain an account of the case of a Mrs. A., to which frequent reference is made by Dr. Tuke and by other authors. Sir D. Brewster's own words relative to Mrs. A's. case are:—"I mentioned that if she should ever see such a thing (an apparition) she might distinguish a genuine ghost existing externally, and truly seen as an external object, from one created by the mind, by merely pressing one eye, or straining them both, so as to see objects double; for, in this case, the external object or supposed apparition would invariably be doubled while the impression on the retina created by the mind (*e.g.*, Nicolai's ghosts) would remain single."

Two quotations from Sir D. Brewster's work will illustrate the case of Mrs. A.: "The first illusion to which Mrs. A. was subject was one which affected only the ear. On the 26th of December, 1830, about half-past four in the afternoon, she was standing near the fire in the hall, and on the point of going up stairs to dress, when she heard, as she supposed, her husband's voice calling her by name, '—— Come here! come to me!' She imagined that he was calling at the door to have it opened, but upon going there and opening the door she was surprised to find no person there. Upon returning to the fire, she again heard the same voice calling out very distinctly and loudly, '—— Come, come here!' She then opened two other doors of the same room, and upon seeing no person she returned to the fire-place. After a few moments she heard the same voice still calling, '—— Come to me, come! come away!' in a loud,

plaintive, and somewhat impatient tone. She answered as loudly, 'Where are you? I don't know where you are;' still imagining that he was somewhere in search of her: but receiving no answer she shortly went upstairs. On Mr. A.'s return to the house, about half an hour afterwards, she inquired why he called to her so often, and where he was; and she was of course greatly surprised to learn that he had not been near the house at the time. A similar illusion, which excited no particular notice at the time, occurred to Mrs. A. when residing at Florence about ten years before, and when she was in perfect health. When she was undressing after a ball, she heard a voice call her repeatedly by name, and she was at that time unable to account for it.

"The next illusion which occurred to Mrs. A. was of a more alarming character. On the 30th of December, about four o'clock in the afternoon, Mrs. A. came downstairs into the drawing-room, which she had quitted only a few minutes before, and on entering the room she saw her husband, as she supposed, standing with his back to the fire. As he had gone out to take a walk about half an hour before, she was surprised to see him there, and asked him why he had returned so soon. The figure looked fixedly at her with a serious and thoughtful expression of countenance, but did not speak. Supposing that his mind was absorbed in thought, she sat down in an arm-chair near the fire, and within two feet at most of the figure, which she still saw standing before her. As its eyes, however, still continued to be fixed upon her, she said, after the lapse of a few minutes, 'Why don't you speak ——?' The figure immediately moved off towards the window at the farther end of the room, with its eyes still gazing on her, and it passed so very close to her in doing so that she was struck by the circumstance of hearing no step nor sound, no feeling of her clothes brushed against, nor even any agitation in the air.

"Although she was now convinced that the figure was not her husband, yet she never for a moment supposed that it was anything supernatural, and was soon convinced that it was a spectral illusion. As soon as this conviction had established itself in her mind, she recollected the experiment which I had suggested, of trying to double the object; but before she was able distinctly to do this, the figure had retreated to the window, where it disappeared. Mrs. A. immediately followed it, shook the curtains and examined the window, the impression having been so distinct and forcible that she was unwilling to believe that it was not a reality. Finding, however, that the figure had no natural means of escape, she was convinced that she had seen a spectral apparition like those recorded in Dr. Hibbert's work, and she consequently felt no alarm or agitation. The appearance was seen in bright daylight, and lasted four or five minutes. When the figure stood close to her it concealed the real objects behind it, and the apparition was fully as vivid as the reality."

With reference to this case, which included many other examples of spectral illusions, and to other cases (including that of Nicolai already discussed), Sir David Brewster remarks that "if it be true, then, that the pictures of the mind and spectral illusions are equally impressions upon the retina, the latter will differ in no respect from the former, but in the degree of vividness with which they are seen: and those frightful apparitions become nothing more than our ordinary ideas, rendered more brilliant by some accidental and temporary derangement of the vital functions. Their very vividness too, which is their only characteristic, is capable of explanation. I have already shown that the retina is rendered more sensible to light by voluntary local pressure, as well as by the involuntary pressure of the blood-vessels behind it; and if, by looking at the sun, we impress upon the retina a coloured image of that luminary, which is seen even when the eye is shut, we may by pressure alter the colour of that image, in consequence of having increased the sensibility of that part of the retina on which it is impressed. Hence we may readily understand how the vividness of the mental pictures must be increased by analogous causes."

Alluding to the fact that the ghosts seen by persons appear to be of very real character and hide objects before which they appear, Sir David Brewster says that, "Among the peculiarities of spectral illusions there is one which merits particular attention, namely, that they seem to cover or conceal objects immediately beyond them. It is this circumstance more than any other which gives them the character of reality, and at first sight it seems difficult of explanation. The distinctness of any impression on the retina is entirely independent of the accommodation of the eye to the distinct vision of external objects. When the eye is at rest, and is not accommodated to objects at any particular distance, it is in a state for seeing distant objects most perfectly. When a distinct spectral impression, therefore, is before it, all other objects in its vicinity will be seen indistinctly, for while the eye is engrossed with the vision, it is not likely to accommodate itself to any other object in the same direction.

"It is quite common, too, for the eye to see only one of two objects actually presented to it. A sportsman who has been in the practice of shooting with both his eyes open actually sees a double image of the muzzle of his fowling-piece, though it is only with one of these images that he covers his game, having no perception whatever of the other. But there is still another principle upon which only one of two objects may be seen at a time. If we look very steadily and continuously at a double pattern, such as those on a carpet composed of two single patterns of different colours, suppose *red* and *yellow;* and if we direct the mind particularly to the contemplation of the red one, the yellow pattern will sometimes vanish entirely, leaving the red one alone visible, and by the same process the *red* one may be made to disappear.

"In this case, however, the two patterns, like the two images, may be seen together; but if the very same portion of the retina is excited by the direct rays of an external object, when it is excited by a mental impression, it can no more see them both at the same time than a vibrating string can give out two different fundamental sounds. It is quite possible, however, that the brightest parts of a spectral figure may be distinctly seen along with the brightest parts of an object immediately behind it, but then the bright parts of each object will fall upon different parts of the retina.

"These views are illustrated by a case mentioned by Dr. Abercrombie. A gentleman, who was a patient of his, of an irritable habit, and liable to a variety of uneasy sensations in his head, was sitting alone in his dining-room in the twilight, when the door of the room was a little open. He saw distinctly a female figure enter, wrapped in a mantle, with the face concealed by a large black bonnet. She seemed to advance a few steps towards him, and then stop. He had a full conviction that the figure was an illusion of vision, and he amused himself for some time by watching it; at the same time

observing that he could see through the figure so as to perceive the lock of the door, and other objects behind it."*

(To be concluded.)

THE LAW OF HEALTH AS IT AFFECTS OUR HOMES.

DRAINAGE AS IT AFFECTS LANDLORD AND TENANT.

By J. Ridley Shield.

FIFTH AND LAST PAPER.

There is scarcely a subject which is of more vital interest to the households of a country than that of drainage. It is one affecting not merely the comfort but the very existence of almost the entire community; and, with the exception of those whose lives are nomadic in its true sense, there are none who are not liable to suffer from imperfect drainage. Of course we speak of civilized countries. The higher the state of civilization, the greater the need of a safe and perfected system of drainage, a system which shall combine simplicity and cheapness with certain results; but there is no need for us to dwell upon the advantages of sound and systematic drainage, It is common knowledge, nowadays at all events, that want of attention to sanitary matters is the promoter, if it is not actually productive, of the worst forms of zymotic disease; and of all sanitary matters drainage may rank as the most important. When we say common knowledge we use the term in its limited sense, for though common in the sense of known to all who take the least interest in sanitation, or to those whose education leads them to topics outside their own work, it is far from common to those whose surroundings render them more than usually reckless as to all questions touching health.

It is not our intention to dwell upon the hygienic advantages of sound house drainage, that we must look upon as known; but we will consider the question of house drainage from its legal aspect, as it affects landlords and tenants. Nor is it necessary at the moment to consider drainage of land, though that in itself is of no mean value.

Every living person must at some time or other have been either in the position of a landlord or in that of a tenant, and it is of the greatest importance that the duties of these two classes of persons as to house drainage should be thoroughly understood, and that the law governing them should be carefully explained. In other words, what liability is there on a landlord to see that the house for which he obtains rent is properly drained, and is there any and what responsibility on his tenant to have the house he rents properly drained, or the drains already existing thoroughly maintained.

It must, of course, be borne in mind that we are considering cases where there is no special lease or agreement between the parties which will govern the question of drainage; for it is open to either landlord or tenant to have any special stipulations, which may be deemed fitting, embodied in the agreement or lease, if the other party consents to such stipulations, and both parties are then bound by the conditions to which they have agreed. What, then, is the warranty to a tenant taking a house by the month, or year, that the drains of such house are in a sound and healthy state. There is a difference between the hiring of a furnished and an unfurnished house, for it is assumed, and we think with reason, that a furnished house is far less easily examined than an unfurnished one. The leading case, as it is termed, which deals with the landlord's liability as to the drainage in the event of his letting a furnished house, is Wilson *v.* Finch Hatton, L. R. Q Ex. D. 336; 46 L. J. Exc. 489. In this case, which it is well to consider at length, the landlords let a furnished house to a tenant from the 7th of May till the 31st July by a written agreement, in which the landlords agreed to keep the premises in good repair, and the tenant agreed to deliver up the same in as good a state as they were in at the commencement of the tenancy. It will be observed there is no special mention in the agreement about the drains. The tenant, however, before the agreement was entered into, made direct enquiry as to the state of the drains, and received from the landlords' agents a letter stating that the lady for whom he acted believed the drainage to be in perfect order, as she herself was very particular on that point, and there had been no infectious illness of any kind in the house. The agreement was duly executed, and on the 8th May the tenant, with her servants, entered the premises; but perceiving an unpleasant smell, caused an examination to be made, which resulted in a defective drain being found, containing stagnant filth, from which the stench emanated, and the sanitary inspector being called in stated the house to be uninhabitable. The tenant declined to enter the house, and abandoned her agreement. The landlords remedied the defective drain, but the work was not completed until the 26th May, and as the tenant declined to enter the house and perform the agreement, the landlords brought an action for the rent, which was defended by the tenant, who said the condition of the premises warranted her in breaking the agreement. The judges trying the appeal, for the case had already been decided by a judge and jury, after reviewing the cases submitted to them, and unanimously expressing their opinion of the importance of the case to the general public, found that there is an implied condition in all hirings of a furnished house that the house shall be in a good and tenantable condition, reasonably fit for human habitation and for comfortable habitation, and accordingly found in favour of the tenant, and so justified her in not carrying out her agreement.

It will be a comfort to those intending to rent furnished houses to know that if there is anything wrong with the drainage the law will protect them, but the remedy in this as in many cases is worse than the disease, and the best way is to avoid all possibility of doubt. It may, therefore, be stated in general terms that when a furnished house is let there is an implied warranty that the drains of such house are in such order as to make it fit for human and comfortable habitation. On the other hand, if the drains are in good order when the tenant enters, it will be his duty to see that through no fault of his own or his servants are they rendered unfit for use.

When the house which is the subject of the hiring is unfurnished the case is quite different. There is no implied warranty on the part of the landlord when he lets an unfurnished house that the house is reasonably fit for human habitation. It is the duty of the intending tenant to make every possible enquiry and examination in order to ascertain whether or not the drains of the house are in good order. If through carelessness or ignorance he enters upon his tenancy without taking due precautions he may find himself and his family the victims of some fell disease, and to crown his sorrow he will have no remedy against his landlord. If, however,

* Inquiries concerning the Intellectual Powers, and the Investigation of Truth.

the landlord or his agent in letting the house made a false statement as to the condition of the drains, he could have an action brought against him for misrepresentation. The statement, however, must be thoroughly false, and not only misleading, for if the landlord made a statement which was untrue in fact but made in all honesty, he would not be liable.

It must therefore be clearly understood, anomalous as it may appear, that the question determining any liability on the part of a landlord as to the drains of the house he lets is whether the house is furnished or not, and though in both instances the drains may be the evil agents, the want of furniture may free him from responsibility; whilst, on the other hand, the fact of furniture being in his house may render him liable to heavy damages or loss of his rent.

The prudent course for any intending lessee of a house to adopt is to have the drains examined by a specialist before he finally comes to terms with the owner; and though it may be thought an expensive mode of setting to work, it will not only prove economical in the end but may possibly save him much mental worry, or, better still, may prevent an unnecessary illness with its contingent risks of permanent ill-health or death.

A Delicate Test for Lead in Water.—Add to one fluid ounce of the suspected sample, contained in a porcelain dish, ten drops of a 1 per cent. solution of cochineal in proof spirit. The colour is simply a dilution of the pink colour if lead be absent, one seven-hundred-thousandth part of lead will produce a purplish pink tint, while one seventy-thousandth part gives a purple blue.

The retail grocers of Philadelphia have recently had an exhibition of pure food and domestic supplies. The exhibition was formally opened by Gov. Beaver, who made a speech, in which he said: "Sanitary science, like social science, is making rapid advance in the line of prevention. It is easier to prevent men becoming criminals than to reform them. It is easier to prevent loss of health than it is to cure disease when it sets in. More depends now upon the grocer and the plumber than the doctor. Tell me a man's grocer, butcher, baker, and plumber, and I will diagnose his case if there is anything the matter with him. Pure food is an essential of health."

Phthisis from House-sweepings.—The *Münchener Medicinsche Wochenschrift*, No. 308, reports that Carnet has experimented with the dust obtained from the walls and floors of various dwellings in which tuberculous patients have been, inoculating guinea-pigs with it, and carefully excluding all possibility of infection from outside sources. In this way, twenty-one rooms of seven Berlin hospitals were examined, and bacilli found to have been present in the dust from most of them. Positive results were also obtained with the dust from insane asylums and penitentiaries. The dwellings of fifty-three tubercular patients were investigated in the same way, and the dust in the neighbourhood of twenty patients found to be virulent. It was the case, with absolute regularity, that the dust was always virulent when the patient had been in the habit of spitting on the floor, or in a handkerchief, while it was never so when a spit-cup had been employed.

Special Notice.—The best stimulant for dietetic and other purposes is the "Skerryvore" (Registered) Blend of Fine Matured Scotch Whiskies, certified of the utmost purity by Mr. E. G. Clayton, F.C.S., Member of the Society of Public Analysts. Sold only by John Twatt, 36, Argyle-place, Edinburgh. Price 20s. per gallon, bottles and cases included.—[Advt.]

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

MORE ABOUT COFFEE-DRINKING.

The opinions recently expressed in a short but interesting article on "Coffee-drinking and Blindness" says a writer in the *North American Review* (see Health, Nos. 291 and 292), being based upon the author's personal experience and observation, ought to have considerable weight, and should serve as a timely warning to those who indulge in this refreshing beverage to excess, or, indeed, indulge in it at all, if they have found its effects in any way injurious to their general health or to any particular organ. We perfectly agree with that writer in his remarks upon the seductive influences of habit in these things, and the extreme difficulty of shaking it off, as in opium or tobacco-smoking, when years have fastened the practice upon the victim. What we would venture to criticise is the error of generalizing what is, no doubt, applicable only to special cases, as is too often apt to be the habit with reformers, whether the hobby they ride be temperance, anti-smoking, or anti any other recognized evil. Probably the greatest moral curse of the nations to-day is intemperance, and he or she who enters the field to put down, with the force of argument or appeal, this crying evil—whose devastating effects are corrupting the souls and bodies of millions of our fellow-beings, increasing the poverty of the working classes, and turning homes of happiness into hells of vice and horror—ought to receive our earnest support and be ranked among the saviours of society.

But even in liquor-drinking there is a line to be drawn, and while many acknowledge this to be true, they fear to draw the line, lest advantage should be taken of it to defend the *excess*, which, after all, is the great evil to be attacked and destroyed. Nobody can deny with any show of justice that with many men—not all men—a moderate use, with one's meals, of *pure and unadulterated* fermented juice of the grape, called wine, is, if not absolutely necessary, wholesome and beneficial to the system. We do not refer to the class called invalids, who act under the physician's orders, but to men who enjoy an average condition of good health, and to whom animal and other nutritious food is inadequate by itself to support the system in its normal condition. Take as an example one whose daily occupation involves a good deal of mental strain, and to whom the quickening and permanent influences of a glass or two of sound sherry, Madeira, or Bordeaux are an unquestionable benefit. It must be admitted by the unprejudiced mind that it is the quality more than the quantity of the stuff which the poor man pours down his throat in daily, and often hourly, libations which, burns, poisons, and finally destroys his system. In most countries it will be found that the hard-working man, temperate in all things, who takes a glass or too of *good* beer after his work, or while at work, is not injured but nourished thereby.

We apply this experience to coffee-drinking, and are persuaded, from our observation of many years in Greece and Turkey, that the moderate use of pure coffee is, one might almost say, a blessing to rich and poor. Excess in its use, or the use of it at all, except when the decoction is made from the genuine coffee-berry, and properly made, is, beyond any question, an evil. One must live n the East for awhile—or, if not there, confine himself to

partaking of the beverage in other countries, where the character of the *café*, or the house where it is served, is a guarantee of its purity—to appreciate what "a cup of coffee" really means. It is a recognized fact that the mixture drunk by the majority of people in Europe and our own country, under the name of coffee, is a vile, or, at the best, an adulterated compound of inferior berries, beans, or other substitutes, and that when occasionally the genuine coffee-berry *is* the basis of the hot fluid served at the hotels, railroad stations, restaurants, and even in private houses, it is not prepared properly, and more frequently than otherwise injures the digestion and, consequently, the health of the constant drinker.

In Athens, broadly speaking, every third man indulges in cigarette-smoking and coffee-drinking, and this to an extent that astonishes the stranger. It is an every-day sight, when entering an office or private sitting-room, and not infrequently the family room, to see the tobacco-box, cigarette-paper, and ash-box lying on the table, and the visitor is expected, without invitation, to help himself and light his cigarette, as a preparation for and companion to conversation. Little cups of black coffee follow as a matter of course, however early or late the hour may be. But the Greek does not confine his attentions to the coffee-cup to these occasions. He often takes his first cigarette and his first cup in bed, before rising, and continues the practice at intervals through the entire day. It is something akin to the habit of ice-water drinking in the United States, but without the subtle, injurious results that follow an habitual use of cold liquids, which chill the stomach, impair the general health, and produce decayed teeth. So far as our personal observation goes, strengthened by medical testimony, the Greeks in the condition of their general health do not support the theory that the habitual use of coffee injures the system or affects the eyesight. The use of spectacles in Athens, distinctly a population of scholars, writers, and readers, is as rare as it is prevalent in Germany, where beer-drinking and smoking are more prevalent than coffee-drinking.

The same is the case in Turkey. There coffee-drinking is universal and continuous. The writer passed the greater part of four years at Constantinople, where he had occasion to call upon the officials of the Sublime Porte so frequently that it would be difficult to enumerate these official visits; and, with few exceptions, when the visit was protracted to any length, black coffee, pure in quality and prepared with the grounds, was regularly served in small delicate cups. All Turks, from the highest to the lowest, indulge in the beverage, a few mouthfuls at a time, throughout the day, and without any evil effects. What makes the fact the more remarkable is that neither the sedentary habits of the Turk nor the quick, energetic temperament of the Greek seems to be affected by the perpetual imbibing of this beverage. Spectacles, it may be remarked, are as little used in Turkey as in Greece; nor are complaints of the eyes more prevalent, if we except ophthalmia, which is brought from Egypt and exists chiefly among the unclean and dissolute lower orders. An old Pacha once told us that he considered coffee to be one of the greatest blessings vouchsafed by Allah to the faithful, not only for its grateful aroma, but from its health-preserving qualities. He referred, of course, to the "divine berry" of Mocha, and not to the questionable compound served up in the "infidel" countries of the West.

That coffee has certain medicinal effects, under certain circumstances, must be admitted. One remarkable example of this occurred in the present writer's experience. A relative of ours, a lady, after a long illness, was finally "given up" by the physicians in attendance, owing to the inability of the patient to retain any food, liquid or solid. Days had passed in this hopeless condition and the patient was rapidly sinking from utter exhaustion. Everything she attempted to swallow was rejected, until an old black servant, long in the family, asked permission to try an experiment in which she had great faith. "Anything, anything you please," said the doctors; "nothing can save her now." The old woman rushed to the kitchen, and soon reappeared with a cup of hot black coffee, into which she had broken the yolk of a raw egg. This the patient swallowed and retained, and from that moment rallied and lived for, if we remember rightly, several months after, succumbing at last to her malady, which was consumption.

Speaking of doctors recalls to mind an incident in connection with the coffee question. Many years ago, in Boston, a discussion arose which gave rise to numerous letters in the newspapers, pro and con., as to the effects of tea and coffee. The advocates of each beverage pronounced his own favourite drink to be wholesome, and denounced the other as poisonous. The question was finally referred to one of the oldest physicians—Dr. Jacob Bigelow, we believe—for a solution, by which each of the contending parties agreed to abide. The doctor took his time about it, and an elaborate treatise was expected in reply. At last it came. If it was not satisfactory, it was at least definite—so far as it went. The learned referee stated that, after a full and careful examination of the question, he had no hesitation in declaring that "one of the two articles mentioned, tea and coffee, *was* a poison." Which one he did not specify; thus, diplomatically, offending the prejudices of neither party, and probably confirming each in its own opinion. Hence the great tea and coffee question remains open for discussion, and the only decision that appears to us to be of any value is that which each consumer of these beverages draws from his own experience.

ABOUT THE BATH.

III.

Turkish baths are, with certain modifications, really Roman baths, which were adopted by the Turks after they had taken Constantinople. The water, jutting out at various temperatures in different springs in the north-west of America, and the steam issuing from the wet, warm rocks, constituted for the American Indians warm and vapour baths, which they held in great repute. Captain Kennedy states in his travels in Algeria and Tunis that similar hot springs abound throughout the East. Morris tells us of sweating houses, which were common in parts of Ireland down to the beginning of the present century. He says a little pyramid was built of stones, a hole being left at the top and another at the side, where persons could enter and seat themselves on a bench of stones within. After the place has been sufficiently heated, by burning peat, to prevent the escape of heat, the apertures were temporarily closed with sods. The bather entered naked, and when duly sweated returned home and to bed. These, however, were at best but clumsy methods for procuring increased perspiration. For the most perfect apparatus for this purpose we are indebted to the Greeks, who taught the Romans to construct fires under the floor of the bath, whereby a hot dry air bath was produced. This under fire, which is the principle upon which our Turkish bath

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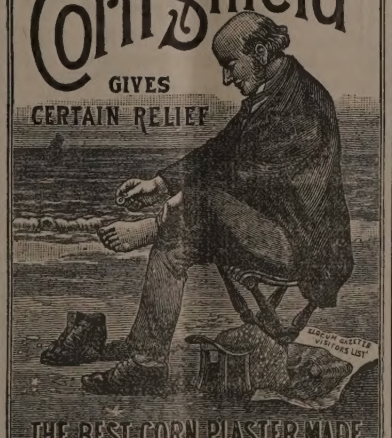

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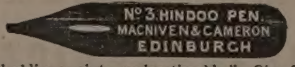

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is heated, was the Roman method for heating their houses as well as their baths.

The Romans had five rooms in their baths—one for undressing, a second that was moderately warm, a third quite warm, a fourth hot, the fifth being a cold room where the bather was douched with cold water. We read that the Romans were so fond of these baths that they took them to the extent of physical injury, and laws were passed limiting the bath to a couple of hours. We all know that the human body can withstand a heat which would cook meat or eggs; and years ago it was the fashion for those taking Turkish baths to have an egg by them and see it cooked by the temperature of the surrounding air. Turkish baths proper really employ some vapour and fanning, whilst the Roman bathers employed dry air, a douche or plunge. One unaccustomed to a Turkish bath should hardly go into the hottest room the first time, and should not walk about in the warm rooms or engage in conversation to any extent. The bath should not be too prolonged, and if the cold douche afterwards be not too cold or contracted the refreshing effect will be very great; after this it is well if possible to take a brief nap, a cup of coffee being enjoyed by not a few.

There is a point of some importance which those unaccustomed to the Turkish bath are apt to stumble over, and it is this: the desire to be well dried. If the body be thoroughly dried, the person is likely to fall into a subsequent perspiration, and be uncomfortable. Another point of some importance to know is that in some skin-affections no better time can be employed than after a Turkish bath for the application of medicaments. Those with any eruptions—pimples, &c.—will do well to take their own soap with them, and it is becoming quite a fashion for such to take a box of "Vinolia" and some of the new "Vinolia" Superfatted Soap with them. Some people can never perspire in a hot room, and for those the moist atmosphere of a Russian bath will be better.

"Finally, the objects of a Turkish bath may be summed up thus:—To preserve health and to cure disease. With the last, it is not our province here to deal; with the way in which it preserves health and so prevents disease we are in a measure familiar. In an artificial state of life, encumbered with clothes that exclude the air, enervated with various excesses, late hours, and unwholesome food, the skin can scarcely be kept in a healthy condition by the use of ordinary ablution. By such means the outside may be cleansed, and in a natural state exercise and the effect of bracing air on the skin would do the rest; but circumstanced as men are in cities, we require something that will help the skin to act; and this is the sole object, the Alpha and Omega, of the Turkish bath" (*Morris*).

FIFTH EDITION.—NOW READY.—GREATLY ENLARGED, AND COMPLETELY REVISED.

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The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

DYSPEPSIA IN TOWN FOLK.

PROBABLY few things do more to determine a man's disposition than the state of his digestion. The ancient philosophers maintained that they could produce any given disposition by controlling the diet. Certain kinds of minds go with certain kinds of bodies, and, in a large measure, is the body influenced by the diet. Compare the fat, well-fed, phlegmatic priest with the active, under-fed, nervous needle-woman; compare the hardy and enduring eaters of whale blubbers with the eaters of fruit; compare the adipose beer-drinker with the tormented glutton: and in all these cases, and, indeed many others, there will be seen marked differences. On the whole, generally speaking, there are no people fed so well, as a class, as the dwellers in towns. More meat is eaten in London than in any city in the world, and its inhabitants show great force. The general strain put upon them requires that they live well; but with all this strain the digestion is somewhat enfeebled, and the food necessary to keep up the body taxes the digestive organs too. But there are other things. Sanitary science teaches that only a certain number of people can live, without detriment to themselves, on an acre of ground. In large towns this principle is entirely disregarded, and all the dwellers have to participate in paying the penalty, either with their own health and shortened days, or with that of their children yet unborn. One fact is significant: the ozone met with in the air after a thunderstorm is valuable, in that it exerts a purifying action upon the atmosphere. In London it is quite impossible to find traces of this ozone.

We say that dyspepsia is an accompaniment of civilization, and the proposition is so plain that he who runs may read. Its symptoms are multiform, but one thing is an unmistakable evidence of its presence, which is the subjective feeling that one has a stomach. To *feel* you have a stomach is dyspepsia. It is a disease whose pains are relentless and unmanning, and whose consequences are grievous to be borne. In most cases, consumption, cancer of the stomach, ulcer of the stomach, and, in infants, rickets, scrofula, and general wasting, are preceded by dyspeptic conditions.

What is the cure? There is no one thing will cure it. Pepsin Tabloids, one or two after each meal, are the best digestive aid, and if there be flatulence, these should be accompanied with five or six Charcoal Tabloids. One point should ever be borne in mind: as long as there is constipation the dyspepsia cannot improve, and, to correct this, Cascara Sagrada is admirable. It does not aggravate the trouble the longer it is given, but, on the other hand, eventually overcomes. At first, a Tabloid may be required two or three times a day, but a period soon arrives when less and less, and finally none, is needed. For acidity, half a dozen Soda Tabloids, swallowed with a draught.

A GERMAN specialist says that Patti has two valves in her windpipe. She is, then, a kind of bivalve, a veritable oyster Patti.

A PHILOSOPHY OF DINNER.

A CERTAIN friend of mine, who is by no means a gourmand, even if he may be said to represent the gourmet stage of human architecture, is much given to consider his dinner as "the great event of the day." Lately, a candid acquaintance told him that he "only lived to dine"; whereupon I felt impelled to controvert the assertion by the remark that, more truly, our friend might be said to dine in order to live. This difference of opinion naturally originated a discussion about dinners and food generally. Few persons, I fancy, ever seek to inquire why they eat their dinner at all. It is a tremendous business this perpetual round of food-getting and of food-taking; yet it is one which finds its best excuse, if excuse be needed, in the thoroughly natural and rational character of the proceeding. To enjoy one's dinner is a very fair sign of a general appreciation of life at large. It is a highly sensible thing to eat well—mark, I do not say to gormandize—and to enjoy what one eats, because, upon a fair measure of such enjoyment, health itself can be shown to depend. Your ascetic personage who, theoretically at least, dotes on his pulse and water, adores meagre fare, and mortifies the flesh on dry bread and weak tea, is never, in my experience of humanity, a thoroughly rational man. He may be, and very likely is, an enthusiast in many things, and a most worthy and conscientious person to boot; but he is not the type of healthy manhood, after all is said and done. I do not doubt that most of us well-to-do folk eat just a little too much, as a rule; while it is equally certain that a very large number of persons do not eat half enough—for the very plain reason that they cannot get their quantum of food at all. But whether one deals with the gourmet or the ascetic, science in its admirable catholicity has one thing, and one only, to say—namely, that it behoves us all to dine, and, if possible, to dine well. If, as the old proverb has it, "Manners maketh the man," one might well add that a good dinner may also claim some credit towards that very desirable consummation.

"Why we eat our dinner?" is, in truth, a question easier to ask than to answer; but, all the same, it is an inquiry about which the mind, for its own satisfaction, feels some anxiety as regards a reply. It is very obvious that the demand for dinner, or, in other words, the necessity for food, is paramount throughout life's domain. My housemaid, for instance, has just set the vegetable kingdom, represented by my ferns and other plants, in order for the day. She has watered the various members of the plant world which adorn my window, and has, so speak, discharged her bounden duty to a certain number of life's children. By-and-bye my cats will be crying for food like a parcel of hungry ravens; and my Dalmatian in his kennel begins to sniff the odours of the outer world about the dinner-hour, with great regularity and with a punctuality which, were it other than spontaneous, would be deserving of high praise. The demand for dinner, then, is universal. My plants require it; my cats demand it; my dog insists on his daily ration; and it is very obvious that serenity of temper in the human species is directly associated with the promise and enjoyment of a fairly-adequate table. Let us try to discover, then, whether or not the philosophy of dining has behind it a fair share of science. The enjoyment of dinner will not be lessened but enhanced if, perchance, we may find a scientific basis for the pursuit of this necessary habit.

Political economy, I believe, lays it down as an acceptable axiom that unless a man works he shall not eat. The loafer it is contended (as I understand the "dismal science" of Carlyle), being a non-producer, should also be a non-consumer. He has no right, say the economists, to feed on the produce of working members of the community. Now, this strikes one as being all very reasonable; only the rule is not an absolute one. I have to pay poor-rates for the support of pauper lunatics who are non-producers; and we do not club and brain our aged and non-productive relatives, after the fashion of certain savage—some enthusiasts in these latter days would call them enlightened—tribes resident somewhere in the South Pacific seas. Yet, it is clear that, whether we are dealing with workers or loafers, all of us demand dinner as a natural right. Whether we idle or work, we must all of us eat; and, if my experience of life counts for anything at all, I should say that the idlers are always first in at table when the gong sounds for lunch or for any other nutritive celebration. Suppose that, addressing our idle Jack or Tom, the man of economics tells him he has no right, as an idler and a non-producer, to share in the delights of the table; what may be the reply of the loafer? If he be a person of a scientific turn of mind, he will really lead us into an interesting philosophy of dining. He will begin by utterly denying the assertion that he is an idler at all. He may not be a hewer of wood or a drawer of water—nay, he may lie on his back all day basking in the sun, or he may "whittle a stick," which latter is an agreeable and by no means onerous manner of occupying the hours of day; yet, despite his idleness, he may lay claim to the title of a real worker.

He will tell us that within his chest a pumping-engine, for the existence and salubrity of which he is morally and physically responsible, beats and works perpetually. This heart of his, he will inform us, by strictly scientific calculations, does work in twenty-four hours equal to that represented by the force which lifts 120 tons one foot high. This is the measure of a man's heart-work in twenty-four hours, and it is obvious this work must be performed whether the man is asleep or awake, idle or laborious. Then comes the work of his chest. Breathing in twenty-four hours means twenty-one "foot-tons" of work; that is to say, the muscles of respiration perform an amount of work in twenty-four hours equal to lifting twenty-one tons' weight one foot high. But these items are only two among an infinite number, all relating to the work of the body. Every wink of an eye-lid means so much work. Every thought which courses over the brain's grey matter implies work. Even in sleep, we do not still heart nor lungs; and many other actions of the body proceed regularly during the watches of the

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night. So that it becomes clear that, whatever extra work (and this item is undoubtedly large) a man's daily toil entails, there can be, in a scientific sense, no such thing as an idle man. For the veriest loafer has a body which works incessantly, and he differs from his diligent neighbour only in the fact that the latter superadds to his body's own inward toil the labour of his hands or of his brain.

Equally clear is it that all work means waste. The body which works must show a proportionate wear-and-tear. Again, this wear-and-tear demands renewal and repair: and we arrive at the philosophy of dining at last, when we discern that in our dinner we expect to find the material wherewith to repair the constant loss to which life is perpetually subjected. This is the only true explanation of why we eat our dinner; and it is an eminently satisfactory one, when all is said and done. For if dinner represents the repair of our perennial waste, then to dine well and to dine agreeably form features of life which are invaluable, in that they tend to discharge effectively a phase of physical labour which lies at the very foundation of healthy life.—*Dr. Andrew Wilson in the "Illustrated London News."*

Maddern: "Are you the fellow that stole my umbrella?" Snagit: "Yes; why? Do you want it?" Maddern (aghast): "N—no, keep it, and I'll send over the cover to-day."

Dr. Boxall (*Medical Press*) calls attention to the incompatibility of certain antiseptics when mixed. He has ascertained that mixture of corrosive sublimate and iodine, iodine with carbolic acid, and carbolic acid and olive oil produce chemical changes which materially affect the properties of the original constituents. He found, moreover, that soap and glycerine are, as a rule, bad vehicles for antiseptics. Perchloride of mercury, iodine, salicylic acid, and permanganate of potassium are changed or precipitated by admixture with soap.

That Ache in the Back.—An Albany physician, says a contemporary, declares that Americans suffer more generally from Bright's disease and nervous diseases than any other people, and he says the reason is that Americans sit down so persistently at their work. He says: "Americans are the greatest sitters I ever knew. While Englishmen, Germans, and Frenchmen walk and exercise, an American business man will go to his office, take his seat in his chair and sit there all day without giving any relief to the tension of the muscles of the back. The result is that these muscles surrounding the kidneys become soft and flabby. They lose their vitality. The kidneys themselves soon become weak and debilitated. If Americans would exercise more, if they would stand at their desks rather than sit, we would hear less of Bright's disease. I knew of a New York man who had suffered for some years from nervous prostration until it was recommended to him that he have a desk at which he could stand to do his work. Within a year he was one of the healthiest men you ever saw. His dyspepsia and kidney trouble had disappeared, and he had an appetite like a paver."

CHEMICAL ANALYSIS.—Dr. Drinkwater, Lecturer on Chemistry in the Edinburgh Medical School, undertakes the Analysis of Water, Foods, Wall-Papers, and of all other products and articles connected with Household Health and Commercial Interests. Terms on application to Dr. Drinkwater, Chemical Laboratory, 41, Chambers-street, Edinburgh.

Our Medicine Chest.

"The aim of using drugs is not so much to destroy diseases as to aid and assist the natural powers to overcome the disease-principle."—*Holland.*

Dr. Batrom has lately employed common cooking-salt in the treatment of nervous headache, and Dr. Nothnagel has recommended the same in the treatment of epilepsy. Dr. Cerné attributes his success in the treatment of the first affection with this remedy to an increase of the hydrochloric acid of the gastric juice. In a case of gastralgia and headache, or "brow-ague," in which the treatment simply consisted in augmenting the quantity of salt in the food, he noticed that the dyspeptic symptoms and stomach pains disappeared entirely.

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At this season of the year especially, many of our readers will be glad to know of a preparation which will relieve irritation and inflammation of the skin, such as chaps, chilblains, roughness, hardness, eczema, acne spots on the face, and all forms of itching. An inquiry was recently made in the *Lancet* asking, what is the best remedy for itching? and two replies strongly recommend Vinolia, an emollient cream, which it is asserted will relieve the intensest itching as soon as applied. Vinolia is admirably adapted to the most sensitive skins, and is certainly one of the most efficacious remedies for skin affections in infants that can possibly be used. It is an elegant preparation, and is best employed with Vinolia cream soap, which differs from ordinary soaps in that it contains an excess of cream instead of an excess of alkali. This soap is capital for the nursery, and those who prize the health of the skin—and more particularly the victims of skin-eruptions—will do well to bear these preparations in mind.

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The *Medical Register* says that it is claimed that half a teaspoonful of chloride of ammonium in a goblet of water will almost immediately restore his faculties and powers of locomotion to a man who is helplessly intoxicated.

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Fistulæ which do not cause pain, says Professor Guyot, should not be operated upon. The clothing should be soft and smooth, and extreme cleanliness should be observed; the general condition of the patient should be attended to, and of systemic remedies a mixture of the bromides and iron is especially valuable. The following is an excellent remedy: Bromide of potash, ten grams; citrate of iron, ammoniated, half a gram; syrup of bitter orange peel, 190 grams. A tablespoonful should be taken morning and evening. Topical appliances should be made after each stool. Here is a good formula for suppositories: Iodoform, one-tenth gram; extract of belladonna, one-fiftieth gram; cocoa butter, q.s. This should be applied after each defecation and on going to bed.

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As a variation in milk diet, milk jelly is recommended by Professor Liebreich. To make it, the following are the directions:—Heat one quart of milk with one pound of sugar, and when the sugar is dissolved continue the heat, at a boiling temperature, for about ten minutes. Now cool it well, and then add—*slowly* stirring—a solution of one ounce of gelatin in a cupful of water. Next add the juice of three or four lemons and three wineglassfuls of wine, brandy, or other liquor. Set the

glasses containing the mixture in a cold place, so that the contents may gelatinize. It is necessary to have the milk quite cold before the other ingredients are added, as it would otherwise curdle.

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Regarding moths, says a writer, many are not aware that the damage is done when the millers commence to fly, as their very presence indicates the absence of the worm. It is to prevent the miller incubating that precautions should be taken. A large proportion of the millers never hatch eggs, but die without causing any harm. The male miller, which does not fly, but runs very rapidly, is quite easily detected by his triangular-shaped figure, but, keeping himself out of sight, he is not so easily found. His hiding explains the devious flights of the female in her search. The killing of one male is equal to the extinction of many ordinary millers. The male miller is commonly known by the name of "silver fish."

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Carpets are seldom troubled with moth worms except where hatched in a dark, unprotected space, and where it is moderately warm. It is for this reason no doubt that carpet houses are seldom, if ever, troubled by them, the stocks in the larger houses being disposed of between seasons. Nearly all the trouble from moths emanates from the furniture, the burlap inside the outer covering being their best field for work, where they can be free from annoyance and find plenty to eat. Many furniture dealers realize their danger, and cleanse the burlap used with naphtha. It is when the worms are either tired of their food or it lacks the nourishment that they desire that they seek an outlet and drop upon the carpet.

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Cleansing carpets by the naphtha process is regarded as the surest and most satisfactory where there is the slightest suspicion of moth eggs or worms. It is especially adapted to pile carpets. Caution should be exercised as to the purity and clearness of the naphtha used and the thorough extraction of the grease, else the dirt adheres more easily than before. Where carpets are to remain in storage some time, the odour can be left in the carpet. A more thorough cleansing can be assured by having the carpet beaten first. A surface application of naphtha will drive the impurities through the article, to be absorbed by that which is under it.

Men's Clothing.—If the underclothing be sufficiently warm, there can be no possible objection to the use of linen shirts. Dr. Jaeger's word has gone forth against them, and many accept his ruling, and condemn them. But the comfortable white shirt will survive stronger attacks than have hitherto been made on it. The neck-opening should be amply large, with collar attached. Shirts should be made to measure, like cloth clothes, and may have any pattern of collar desired. Plain, turned-down collars are the best, and close-fitting, high, "dog" collars the very worst. Shirts with collars attached are infinitely more agreeable to wear; and there is this advantage, that they are certain to be changed with sufficient frequency. Working men, doubtless, will find flannel shirts more convenient, and such shirts are best fitted for boating, hunting, and outdoor games. They should be made with turn-down flannel collars. Linen or paper cuffs and fronts and collars masking woollen shirts are neither beautiful nor useful. As for collars of cellulose or enamelled steel, they are most of all objectionable.—*Dr. Vacher*.

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

THE SHADY SIDE OF BRAIN WORK.

PAPERS ON DREAMS, MESMERISM, AND ALLIED TOPICS, BY VARIOUS WRITERS.

SEVENTH PAPER.

THE WONDERS OF ANIMAL MAGNETISM.

By Gilles de la Tourette.

Animal magnetism, better known since the researches of Braid as *Hypnotism*, has had varied fortunes during the lapse of ages, being in turn made much of or neglected. Meeting all sorts of vicissitudes, according to the attitude assumed toward it by the prevailing medical opinion, it quitted the obscurity and darkness that encompassed it only after science had begun to employ the experimental method, which to-day is everywhere in use. Braid and Charcot have contributed most to give it a *status*, bringing it by force, so to speak, within the domain of science, which before it had not entered.

For hypnotism is not a thing of yesterday; and without dwelling unduly upon its history, I would observe that the phenomena of the hypnotic series not only have existed, but have been noticed from the earliest times. It is enough to cite the practices still in use in Egypt and India, the lands of immemorial traditions, in order to show that our proposition is firmly based.

Still, its history has little to interest us till the close of the eighteenth century, and the metaphysical dissertations of Paracelsus, Burgravious and Van Helmont upon the *vis magnetica*—hence the term animal *magnetism*—helped far less toward its propagation than did the exorcisms of the thaumaturgus Gassner, that illuminist priest who, albeit he attempted no theories, produced the trance state in the crowds of people who flocked to him.

It was reserved for Mesmer to publish to the world a very ancient discovery, the credit of making which he claimed for himself. His aim was in no sense scientific, for he sought only fame, and above all, wealth. With the effrontery that never failed him, Mesmer ignored the labours of all his predecessors, and, posing as a discoverer, propounded in 1776 his famous *Propositions*, which were destined to serve as a text-book for many generations of magnetizers.

Mesmer's theories were so obscure, and the effects produced so hard to analyze, that his disciples began to study them. One of his followers, the Marquis de Puységur, a sagacious and conscientious observer, discovered in 1784 artificial or induced somnambulism, and through his study of this phenomenon reached other results of high importance. Under the influence of Puységur's researches curiosity was awakened, and animal magnetism societies, styled *Harmonies*, were multiplied in France, Germany, and Russia, and the polemics of Father Faria, a Portuguese priest, who came to Paris from India, were noised throughout the world.

These societies, broken up during the wars of the first French Empire, were reconstituted at the Bourbon restoration. Then came the period of academic dis-

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For a Gangrene, melting a little in a wound, without using a tent.

For Pains in the Stomach, rubbed in before the fire.

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N.B.—No woollen of any kind should be applied to the parts affected, nor any metal (except silver) touch the Pommade. It will retain its virtues many years, and is therefore very useful to all Travellers, particularly Gentlemen of the Army and Navy.

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cussions, in which the *savants*, departing from the principles of conduct so wisely followed by Bailly, Secretary of the Commission appointed by Louis XVI. to investigate magnetism, by turns rejected or admitted (always with the same passion and prejudice) phenomena with regard to which partisans and opponents alike were but little eager for illumination. Aside from Puységur's discovery, Bailly's Report to the Academy (1784), the studies of Pétetin of Lyons upon catalepsy (1787) and the researches of Father Faria (1819), we may say that the whole period from 1766 to 1843 is almost entirely void of scientific interest. To a British surgeon, James Braid, it fell, as we have already said, in the year last mentioned, to lay the foundations upon which in 1878 Charcot was to build up the scientific theory of hypnotism.

In 1841 Braid first undertook to repeat the experiments of a French magnetizer, Lafontaine, of which he had read an account. His first impressions, it must be remarked, were entirely unfavourable. What he had seen or read could not overcome his scepticism, and he still regarded the phenomena produced by hypnotization as due to secret connivance or to illusion. His determination to unmask fraud led him to discover the truth. He went to work, and soon perceived that he had to bow before the reality of the facts; two years later he published his *Neurypnology*, a very remarkable work, in which we find many striking truths formulated, though, unfortunately, in his interpretation of them the author betrays too often the bias of his mind for phrenology. But Braid's work had no such success as it deserved, and the articles "Sleep," in Todd's Encyclopædia, and "Hypnotism," in Nysten's Dictionary, were almost the only scientific echoes of the *Neurypnology*. In 1860 Professor Azam, of Bordeaux, made the book known in France, where it was received with absolute indifference.

It remained for Professor Charcot, whose profound knowledge of the diseases of the nervous system had qualified him for these difficult studies, to make of hypnotism an actual science; and in 1878 began, at La Salpétrière, that memorable series of lectures which was destined to give a new impulse to the study of hynotic phenomena. Charcot took a ground quite different from that of his predecessors. Instead of devoting himself to the study of the less usual phenomena as others had done, especially before Braid's time, he was of the opinion that he could better promote the interest of science by making it his especial aim to determine the *physical* diagnostic signs, which are easily recognized, of the different hypnotic states, confining himself at first to the strict interpretation of the simplest facts, advancing slowly but surely, and never giving up the study of a phenomenon till he had discovered the connection between it and other phenomena that he had previously interpreted. Further, believing that the subjects of hysteria present in the highest degree all the indications of what he called the greater hypnotism, he took them exclusively as the basis of his description, thus drawing his conclusions from the simple to the complex. This natural method soon yielded results of the highest importance. An impulse having been thus given to the study of hypnotism, researches were multiplied, and now we propose to set forth the teachings of Professor Charcot and of his school, to which we have the honour to belong.

But before we describe the phenomena of the hypnotic state, it is well to premise some remarks upon the susceptibility of different individuals to hypnotic manipulation. Not all persons are capable of being hypnotized. As was well proved by Faria in the beginning of the present century, the hypnotizer possesses no special power of his own enabling him, as the phrase then was, to communicate his fluid to those with whom he experiments; in his own temperament does the individual find the conditions of the phenomena he presents under hypnotization. The story that is told of Braid's servant illustrates this point very well. This servant was directed by his master to fix his gaze upon a shining object, at the same time being told that upon the steadiness with which he kept his eyes upon it depended the success of a clinical operation Braid was at the time performing. The man was then left alone; Braid, on returning to the room two minutes and a half later, found him asleep.

Persons of a nervous constitution, and in particular those subject to hysteria, are most apt to fall into artificial sleep. There is then produced in them a peculiar neurosis, hypnotism, having psychical and physical characters of its own—a genuine disease presenting a diversity of symptoms. Hence hypnotic phenomena ought not to be called forth rashly, nor without the precautions suggested by medical science. Women are specially susceptible to hypnotic manipulation, particularly during the period between the eighteenth and the thirtieth year, when the nervous system is in full activity. Young men may be hypnotized; but it is very difficult to produce hypnotic sleep in old men or in children. Persons who in early life are subject to natural somnambulism or sleep walking, are later in life good hypnotic subjects, just as they are also likely to be victims of hysteria and other nervous complaints.

Many are the processes employed for producing hypnosis. One that is very frequently used consists in fixing the gaze upon some bright object placed a little above the eyes and in front of the median line of the forehead, so that visual fatigue may ensue quickly, the eyeballs being directed upward and inward.

This process, or others of a like kind, may be employed in the case of persons who have never before been hypnotized. But after a while, when the subject has, so to speak, been educated, various more expeditious methods may be employed. Thus a jet of electric light, or a violent blow struck on a gong near the ear of the subject will quickly induce sleep. Again, in hypnotizable persons, the surface of the body often presents special points—"hypnogenic zones," as they are called, analogous to the "hysterogenic zones." Simple pressure upon these produces hypnosis.

A NEW THEORY OF SLEEP.

DR. BROWN-SÉQUARD in a recent paper adduces the reasons that have led him to the conclusion that normal sleep is the effect of an inhibitory act—that is to say, depends on a "check" action of the nervous system.

The theory says Dr. Brown-Séquard according to which sleep depends upon a vascular contraction taking place in the brain lobes is, as I have long since shown, absolutely false. In fact, I have found that guinea-pigs and rabbits, after a section of the two great sympathetic nerves, in the neck, sleep as if the cerebral circulation were in a normal state—that is to say, when it can cease through vascular contraction. The same is the case with dogs and cats after the upper cervical (or neck) ganglion has been removed from one side, and the vago-sympathetic nerve has been cut from the other. When, through these operations, the blood-vessels of the brain have been paralyzed, it is evident that the sleep which then occurs not only does not depend upon a cerebral anæmia through vascular contraction, but may also exist despite the

opposite state—that is to say, a hyperæmia, even a notable one. It is, therefore, certain that sleep may exist whether there is little or whether there is much blood in the vessels of the brain.

The loss of consciousness in sleep, as in numerous other accidental or pathological circumstances, is the effect of an inhibition, or checking, of the cerebral faculties. To establish this opinion, I rely (1) upon direct proofs showing that the loss of consciousness, in the case of a puncture of the bulb, and in other cases also, is beyond all dispute due to an inhibitory act; and (2) upon all that is known of the circumstances that precede or accompany sleep.

On this subject I shall limit myself to the statement that, just as in every inhibition, there exist, when sleep occurs and as long as it lasts, irritations at a distance from the organs in which the cessation of activity takes place. We find a proof of the existence of irritations in the following particularities:—(1) What is called the need of sleeping, which consists in certain sensations, and particularly a feeling of heaviness in the eye; (2) persistent contraction of the pupil; (3) contraction of the palpebral orbicular muscles; (4) contraction of the inner and upper rectus muscles; (5) contraction of the blood-vessels of the retina and of the cerebral lobes.

I add that, besides the inhibition of the psychical faculties, there is a special inhibition of certain muscles (muscle of the upper eyelid and muscles of the neck), and perhaps also a degree of inhibition of the heart and respiration. These various inhibitory phenomena associated with sleep well show the existence of an irritation somewhere, and perhaps at several points, during this periodic cessation of the intellectual activity.

The production of sleep in man in the experiment of Fleming and Waller (consisting in a pressure exerted at the same time upon the cartoid, cervical sympathetic, and pneumogastric nerve) well shows that sleep may proceed from an outside irritation. To this fact it is of consequence to add that which is well known regarding the somniferous influence of certain stomach-irritations.

As for the seat of the irritation or irritations caused by sleep, I can say no more than this: (1) It is not probable that it is located in the brain properly so called, for, as we know, birds (especially the pigeon) sleep and awaken periodically after, as well as before, the ablation of their brain; (2) the reflex contractions and the paralytic inhibitions which are associated with sleep, if we consider them as due to irritations proceeding from the same point, much more probably have their seat in the excitable parts of the base of the brain than in the cerebral lobes.

Before concluding, I shall recall the fact that, in the epilepsy that I produce in guinea-pigs, the loss of consciousness, like the convulsions, is easily caused by an outside irritation, and that it is thus so caused sometimes in the attacks of cerebral epilepsy in man. I shall recall also that the loss of all cerebral activity may occur through inhibition, as I have shown, under the influence of irritations, even very slight ones, of the base of the brain or of the spinal marrow, but especially of the point that Flourens has named the "vital centre."

From all these facts, there is no doubt that irritations, with various seats, exist during sleep: they having begun a little before the moment at which it supervenes. There is, then, every reason to accept as a fact that the phenomenon of ordinary sleep—that is to say, the loss of consciousness—is the effect of an inhibitory act.

It is a wise child that goes out of the room to laugh when the old man smashes his thumb.

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

The Sanitation of the Laundry.—A possible source of danger to health, and one which may upon occasion become the centre of incalculable mischief, is the laundry. The absence of any regulating authority, and the lowly condition of many of the proprietors of these establishments, render them particularly liable to faults of management; while the necessity which the dwellers in towns are under of giving out their laundry work creates a limitless demand. It becomes, therefore, a matter of importance that from time to time the warning voice should be raised, and the public put upon their guard respecting the lurking harm. A certain, even a considerable, risk must at the very best attend the institution of a common laundry. No readier method of disseminating the germs of infectious disease could well be devised than by the intermingling of wearing apparel, and where this intermingling takes place the use of antiseptics can afford no more than an untrustworthy and insecure protection from the risks of contamination. Hence the very safest plan is to arrange, where possible, for the laundry work to be done at home, and by resident domestic servants. But this is a "counsel of perfection" and can seldom be put into actual practice. The common laundry is a necessity of modern conditions of life, and, that being so, the only thing remaining to be done is to turn the force of public opinion in the direction of insisting upon such precautions and safeguards as will minimize its inevitable risks. It is, we fear, an obvious deduction from this principle that the cottager laundress ought hardly to be encouraged. She may be a very worthy person, whose industry and independence we should all respect and strongly desire to support. But, in towns at least, where space is narrow and one's next-door neighbour is unknown, there are serious drawbacks to her position. She is too dependent on the goodwill of her customers to be able to enforce a quarantine of infected linen if it be offered to her, and probably too little acquainted with their domestic affairs to know whether there is or is not ground for suspicion. Hence housekeepers who take a wise view of their responsibilities will prefer to avail themselves of the facilities and guarantees offered by laundries on a larger scale, where the capital employed suffices to provide adequate accommodation and the scale of the operations enables the managers to exercise a judicious supervision over the work which they undertake, and makes it not only possible, but also commercially necessary, for them to decline such as would involve the risk of introducing contagium to their general stock of clothes. Such laundries are at work, and it is, we hope, a question of time only, and that not a long time, for better and more scientific methods to supersede entirely the dangerous laxity of the washerwoman industry.—*Lancet.*

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Compound Animals.—Growing on oyster shells and stones in the sea are organisms which look in every respect like marine plants. Some of them (the sea-firs) reproduce exactly the appearance of miniature fir-trees; others exhibit more irregularly-branched stems, and may attain considerable size. These organisms are known as

"zoophytes," and are often collected and preserved by visitors to the seaside as specimens of marine vegetation. When, however, we place a portion of a stem or branch of a sea-fir under the microscope, we become aware that this rooted, plant-like growth on the oyster shell is a true animal, and, moreover, that it presents us with a most typical realization at once of an animal colony and of a compound individual. Its stem and branches are hollow, and upon the branches are borne the little units of this compound organization. Each unit consists of little more than a mouth, provided with tentacles for food-catching, and a body-cavity. Perfect, unselfish co-operation is seen in the zoophyte. Its hundreds of mouths and tentacles are employed in securing food; its hundreds of bodies are engaged in digesting food; and each little unit, in turn, takes its own food supply from the common store of nutriment which flows through the stem and branches, and which store it has itself helped to elaborate. As the members of this curious colony die off like the leaves on a tree, the process of budding reproduces fresh units. The growth of the one compound individual is thus secured and maintained by the very process to which it owed its origin. For, like the compound tape-worm, the tree-like zoophyte originally sprang from an egg. Here, as elsewhere, individuality begins with the egg alone. That egg in due season produces one little unit with mouth, tentacles, and body, and this unit settled down to a fixed life on the oyster shell. Then began the process of budding. The first unit produced others; these, in turn, developed further units like themselves; and as all remained connected together in a permanent union, we at last, by this process of continuous budding, obtain the individual growing from an originally single into the compound state. In many zoophytes we witness a further development of the compound individual. While in the simpler forms only one set of units is developed, in others several kinds of members appear to constitute a colony. A principle allied to the division of labour is represented in the history of these organisms, and the units of the colony become developed in different forms for the discharge of varied duties pertaining to the life of the zoophyte. Thus, in addition to the ordinary units which nourish the colony, we may find others which develop eggs, and others again which appear to exercise powers of offence or defence. It may seem strange to speak of such a complicated animal-tree as one individual, but in truth this expression of scientific opinion presents no greater paradox than is involved in terming the man, the dog, or the oyster an "individual" being. When we reflect that our own bodies, in respect of their different parts, and of the marvellous complexity of organs, present us with immense diversity of structure, and also show us distinct vital or living elements proper to each organ, we may discern that the zoophyte, in one way, differs from ourselves only in the freer and less closely correlated nature of its units. The tree itself may be reckoned a compound structure, in respect of its many parts all showing a tolerably exact repetition of one and the same type, produced like the parts of the zoophyte or of the tapeworm by a process of budding. The boundary-line between the individual which is simple and single and that which is compound is after all very thin. We only require the beginning of the sway of the nervous system to mark the first step, whereby the republican organization with its equal units may become transformed into the autocratic organism whose parts, losing their semi-independence, finally represent the closely-connected and inseparable organs of the higher frame.—*Glasgow Herald.*

The Doctor in Fiction.—Timid Mr. Chillip in *David Copperfield*, and that worthy practitioner who attended little Nell at the village inn belong to the same class. We all remember how the latter felt the child's pulse, "and as he did so, eyed the half empty wineglass as though in profound abstraction. 'I should give her,' he said at length, 'a teaspoonful every now and then of hot brandy and water.' 'Why that's exactly what we have done, sir,' said the delighted landlady. 'I should also,' observed the doctor, who had passed the foot-bath on the stairs, 'I should also,' said the doctor, in the voice of an oracle, 'put her feet in hot water and wrap them up in flannel. I should likewise,' said the doctor, with increased solemnity, 'give her something light for supper, the wing of a roast fowl now.' 'Why goodness gracious me, sir, it's cooking at the kitchen fire this instant,' cried the landlady; and so indeed it was, for the schoolmaster had ordered it to be put down, and it was getting on so well that the doctor might have smelt it if he had tried; perhaps he did." Thackeray has drawn in Pendennis the elder an excellent picture of the same type. "Helen Thistlewood had one day hoped for a different lot than to marry a little gentleman who rapped his teeth and smiled artificially, who was laboriously polite to the butler as he slid upstairs into the drawing-room, and profusely civil to the lady's maid who waited at the bedroom door, for whom his old patroness used to ring as for a servant, and who came with even more eagerness. Perhaps she would have chosen a different man; but she knew, on the other hand, how worthy Pendennis was, how prudent, how honourable, how good he had been to his mother, how constant in his care of her," and so she married him. In the Huxters, father and son, Thackeray has made a much less engaging sketch of men who were simply vulgar and commonplace; and in his fashionable physician, Dr. Brand Firmin, we see a mere humbug and hypocrite; but, as if in compensation, Thackeray rises to a higher level than any of his predecessors in his Dr. Goodenough, a type of medical man which in its essentials of knowledge, honour, and benevolence, was, as we shall see, to monopolize the fiction of the following generation. The next definite representative of this type is, perhaps, Tom Thurnell, whose character Charles Kingsley drew in his novel *Two Years Ago*, published about 1857. He wages an unpopular and unsuccessful war against sanitary defects in the little Devonshire coast town where he practises, and when in spite of his efforts, and in consequence of the sanitary shortcomings of the place, cholera breaks out, he and his two friends fight with the disease to the bitter end, visiting the sick, warning the healthy, and in all ways attacking the causes of the disease. He is an intelligent, kind-hearted, gallant, straightforward man. The modern novels whose heroes or subsidiary characters are medical men formed on such a model, are legion. In *The Ladies of Beaver Hollow*, we have George Mildmay, the young surgeon, cheerfully walking miles in the night time to the help of a pauper. Mrs. Henry Wood's medical practitioners of this stamp are many, but she had lived in Worcester and took men dear to the British Medical Association for her originals. Miss Yonge, too, Charles Reade, George Macdonald, George Eliot, "Pen Oliver," among others, have given us characters of this kind which will not die. And so the popular conception of the men of our profession has grown. From charlatans and buffoons they have become in the eyes of their neighbours examples of the very highest and noblest type of humanity.—*British Medical Journal.*

IMPORTANT ANNOUNCEMENT.

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Health, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the Publisher, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain Health from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following Free Gifts and Bonuses to all who subscribe to Health for one year or longer:—

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The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to Health, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with Health should be addressed directly to the Publisher, 2, Paternoster-square, London, E.C., and *not to the Editor*.

The Park Commissioners have put up signs to prevent the wearing of the green. They read: "Keep off the grass!"

Tobacco-Smoking.—We have recently given the views of different physicians as to the effects of tobacco-smoking upon health, and have also referred to experiments bearing upon the question of the antiseptic power of tobacco-fumes. Additional evidence on these points is constantly accumulating. Dr. Hajek, of Vienna, has declared that smokers are less liable to diphtheria than non-smokers in the ratio of 1 to 2·8; and Dr. Schiff says that smoking is forbidden in the bacteriological laboratories, because it is known to hinder the development of bacteria in the various culture-media.

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From Messrs. Inman, of Liverpool, we have received a sample of their "Alpha" Enema Syringe, which appears to us to unite in itself several novel and important advantages. In the first place, its flow is continuous, and the disagreeable effects produced by the intermingling of air with an enema are therefore wholly avoided. By an ingenious arrangement, also, the return into the syringe of any fluid whereby it might be rendered septic is prevented. The usual nozzles, &c., are supplied with the "Alpha" Syringe, which is one no family should be without. As an enema-apparatus it is of perfect description, and in the relief and treatment of many ailments by a simple method this syringe will prove most useful.

A Deep Artesian Well.—The deepest artesian well in the world is now claimed as supplying the baths at Pesth in Austria-Hungary. It is said to be 8,140 feet deep, and supplies 176,000 gallons daily at a temperature of 158 degs. Fahr. This temperature does not indicate that all the water comes from the full depth of the well; as the average assigned increase in temperature from observations in deep wells and mines has been found to be 1 deg. Fahr. for each 60 feet in depth below the plane of stationary temperature, which in the temperate zone is between 50 and 80 feet, the variation being probably due to variation in the annual mean surface temperature and the conductivity of the rocks beneath. The increase of 1 deg. Fahr. in 60 feet would indicate a temperature of 185 degs. Fahr. at a depth of 8,140 feet, while an increase of 1 deg. in 54 feet, as found in some other deep borings, would indicate a temperature of 200 degs. at the bottom of this well, thus showing in all probability that the flow of the well is made up of inflowing streams at various depths. The boring for hot water for heating purposes, as has been lately suggested, would be subject to the influx of mid-streams, which, if shut off by piping, would largely diminish the supply, and thus limit the scheme for tapping the subterranean heat of the earth.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "The Editor of Health," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* Mr. A. P. Watt, The Publisher, *at the same address.*

RULES FOR CORRESPONDENTS.

Owing to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the Letter-Box Department of Health, to the following rules:—

1. All questions are answered free of charge in the columns of Health. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of Health, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of Health. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded free to Correspondents on their enclosing a stamped addressed envelope for reply.

5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

LETTERS TO THE EDITOR.

HOLIDAY HOMES.

SIR,—I should be glad if the readers of your paper would favour with their influence and sympathy the annual effort of the Ragged School Union on behalf of its holiday homes for the poorer children attending its many schools and missions. The number provided with a fortnight's holiday was in 1887, 1,600; in 1888, 2,300. Some of the homes are specially built and endowed for the purpose; others are rented for the season; some friends receive the children into their own homes; others place them with respectable families. Some ladies hold drawing-room meetings in favour of the movement, and others organize working-parties. We are also helped by gifts of money, boots, and clothing; so that all, whatever their means, can help us to give the poor children their much-appreciated and greatly-needed holiday. If such of your readers as may help us will kindly name HEALTH, we shall be pleased to do it the justice of acknowledging all assistance obtained by means of its influence.—Yours obediently,

JOHN KIRK,
Secretary.

Ragged School Union,
13, *Exeter Hall,*
Strand, W.C.

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

NERVOUS EXHAUSTION.

PULVERMACHER'S World-Famed GALVANIC BELTS for the Cure of NERVOUS EXHAUSTION and DEBILITY, have received testimonials from three Physicians to Her Majesty the Queen, and the leading Physicians of nine London Hospitals, including over Forty Members of the Royal College of Physicians of London.

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Dr. H. A. ALLBUTT, M.R.C.P., 24, Park Square, Leeds, writes, Oct. 1888:—"I always recommend with confidence MR. PULVERMACHER'S BELTS. Ladies recovering from illness incidental to their sex will find these BELTS of vast assistance in restoring lost nerve power."

Dr. C. HANDFIELD JONES, F.R.C.P., F.R.S., Physician to St. Mary's Hospital, says: "I am satisfied that MR. PULVERMACHER is an honest and earnest labourer in the field of science, and I think he deserves to meet with every encouragement from the profession and scientific men."

SIR CHARLES LOCOCK, Bart., M.D., says:—"PULVERMACHER'S BELTS are very effective in neuralgia and rheumatic affections, and I have prescribed them largely in my practice for other similar maladies, paralysis, &c."

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GALVANIC ESTABLISHMENT,
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(Established over Forty Years.

BOTTLE.—You must be careful of your health and avoid excesses of all kinds; for the rest follow out the advice regarding diet, &c. given to "Star" in HEALTH, No. 319. If not cured, write again. Give up all alcohol for a time at least.

E. B.—See advice given to "J. T. H." in last week's HEALTH. The use of such an inhaler will cure you readily. Take also the Inman's Hypophosphites, as ordered to "Tona" in last week's number.

H. J.—In our opinion you should alter your state of life, and you would probably find that, as in the old days you refer to, you would be stronger and better in every way. You are simply suffering from extreme nervous irritability, and your present circumstances of life favour the prolongation of that condition. You need neither drugs nor other artificial aids to cure—simply take plenty of open-air exercise, and a cold sponge-bath each morning. Tricycling might agree with you and aid your cure. For the rest, note what we have said about changing your mode of life.

MIVEY B.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full information in its pages.

CANTAB.—1. A surgeon will remove the growth painlessly. Do not tamper with it as you may produce a scar worse than the growth itself. 2. Vegetable diet, and plenty of exercise, with hot baths. 3. Try the mixture recommended to "Gladys" in last number of HEALTH, and see that your food is light. Avoid cheese, pastry, salt foods, and like indigestibles.

C. BACKHOUSE.—1. Wash the head once a week with the shampoo liquor ordered to "F. R. B." in last number of HEALTH, and each morning rub a little brilliantine into the roots. Rowland's Macassar Oil has a high reputation as a hair preserver and nutritive, and should also be tried by you. 2. Apply a little corn solvent, to be had of any druggist, to the part night and morning.

CLYDESDALE.—Wash the affected parts with Vinolia Soap only, and apply Vinolia itself as an ointment to the parts night and morning. Vinolia and the Soap are to be had of any good druggist, or from Messrs. Roberts & Co., 76, New Bond-street, London, W. If not bettered, write again.

J. ANGUS. — 1. You should consult a good eye-surgeon in Glasgow, and take his opinion on your case. No other advice can benefit you. 2. You should wear an elastic stocking (to be had of any good surgical instrument-maker in Glasgow), and sit and rest with your feet elevated. Sleep with your feet on a pillow, and avoid constipation. Your trade is against you, in that it necessitates your standing so much.

A. R. SCOTT.—Change the lotion, and use the following:—Liquor ammonia (strong), chloroform, and oil of jasmin, of each, half an ounce; castor oil, half a drachm; spirits of rosemary, to make up four ounces. Keep in a stoppered bottle, and label, "A little to be cautiously rubbed into the hair each morning." This will probably suffice to arrest your hair-trouble. Wash the hair once a week with the shampoo liquor advised to "F. R. B." in HEALTH, No. 320, and use a soft brush only. If you keep the hair short for a time it will aid your cure.

ARTHUR.—What you complain of usually arises from some digestive irregularity. Follow the advice already given you, and do not speculate about your symptoms, but try the remedies ordered. What is the use of asking for (and obtaining) advice if you do not intend to follow it?

J. BARROW.—Take a dose of Lamplough's Pyretic Saline occasionally in the mornings, avoid much flesh meat, and rest as much as you possibly can; and use an injection made by adding a teaspoonful of Condy's Fluid to half a tumbler of tepid water, night and morning. If you expose yourself to infection, and do not exercise common cleanliness, you will assuredly suffer for your neglect.

AN AFFLICTED ONE.—We should say that both of your advisers have been but "poor counsellors" to you. Give the Vinolia preparations a trial—see advice given to "Clydesdale" in the present number. We should say washing the parts night and morning and applying Vinolia thereafter would cure you. If not, write again, and we will advise you further. There is no need for you to be anxious in any way.

B. G. S.—1. Have a truss properly fitted. The Medical Battery Co. will fit you with a Xylonite Truss if you call at their establishment. 2. The proper proportion is one to five. 3. At Hastings.

L. B. S.—The diet you are taking is perfectly correct. Drink Pitkeathly Water regularly between your meals, and give up all alcohol.

C. ONWARD.—We do not know the firm you name. Apply to Messrs. Howie, Hurlford, Kilmarnock, who make an excellent and effective filter, and one easily cleaned.

A. B. C.—1. Rowland's Kalydor is a perfectly safe preparation, and may be used for sunburn and to allay general face-irritation. 2. Bayley's Spermaceti Soap.

ORLANDO.—The French Hygienic Society, 6, Conduit-street, London, W., will supply you with a safe hair-dye, and will advise you on the other points you name.

F. A Y.—1. Mr. Pulvermacher, 194, Regent-steet, W., will advise you on the matter. 2. Use Bunter's Puriline preparations for your teeth night and morning. You are only suffering from the effects of neglect of your teeth.

G. ATKINSON.—Give the child Mellin's Food, and you will find all its troubles will disappear.

E. C. C.—Procure some Dee Oil from your chemist, and apply it to the child's head night and morning. Wash the head with Vinolia Soap before applying the oil.

MALVA.—Such a result is common from using too hard water. Dissolve a little of the Oriental Salts (advertised in our pages) in the water before washing.

LIBBY.—Apply to the Medical Battery Company for details of the Zander machines

A Tonic

Horsford's Acid Phosphate.

A most excellent and agreeable tonic and appetizer. It nourishes and invigorates the tired brain and body, imparts renewed energy and vitality, and enlivens the functions.

DR. JAMES BLACK, L.R.C.S., Primrose-hill, Cockburnspath, Scotland, says:—"As a nerve tonic, I know nothing like it. It gives me great satisfaction."

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The careful use of these applianees would be likely to do you good.

ALSAGER. — Drink Pitkeathly Water regularly, and you will find your symptoms to disappear. You suffer from slight acidity only.

W. B.—Change your underclothing twice a week in summer. If you have no bathroom, you can easily extemporize a bath in your own room. A tepid or cold sponge-bath each morning is a great health-preservative. Use an ordinary flat sponge-bath, such as any ironmonger will supply for about £1 or less. Pears' Soap is an admirable one for ordinary use, and is economical as well.

AMPHION.—Wash the parts with tepid water and Vinolia Soap night and morning; and dust on them, after washing, a little of Woolley's Sanitary Rose Powder. Change your underclothing frequently.

OMEGA.—1. Coca is not adapted for such a case as you describe at all. 2. The malted food may cause thirst, if taken in excess.

A FOOLISH ONE.—[Why mark your absurd epistle "private"? Do you suppose all correspondence in HEALTH is regarded as other than private by us?] We cannot give you any aid regarding your nose, unless you inform us of the causes of your ailment. Your nose could not possibly "suddenly increase in size" without a definite cause. If you feel anxious over your case, go to a surgeon. Your second question is simply nonsense.

RUBOR.—The water you wash with is probably far too hard. Soften it by using the Oriental Aromatic Salts; this preparation will also stimulate the skin. For the rest, use Bayley's Spermaceti Soap.

G. E. P. — Apply a little of Bayley's "Pommade Divine" to the affected part.

A. M. G. — May's Pink Powders are perfectly harmless and efficient as a medicine for infants. We had them analyzed before recommending them in HEALTH.

SIMPLEX.—Try Cascara Cordial, twenty drops in half a wineglass of water (or a Tabloid, once or twice daily), an hour before meals; avoid fatty foods, and let your diet consist largely of Grant's Oat Flour, milk, milk-puddings, white boiled fish, and vegetables. Use Dahl's Cakes regularly.

M. PRINCE.—Use Vinolia as an external application to the part, to be had from any good druggist, or from Roberts & Co., 76, New Bond-street, London, W., and wash the parts night and morning with Vinolia Soap and tepid water. If you are a coffee drinker, give up that beverage, as its use is often attended by itching in certain persons.

A. GREIG.—For piles, use Bayley's Cure, 17, Cockspur-street, Pall-mall, London, S.W., and regulate your diet according to the advice given to "Simplex" above.

GEORGE HAY.—The following iron and quinine mixture may do good in the case you name:—Sulphate of quinine, eight grains; sulphate of iron, sixteen grains; dilute sulphuric acid, eight minims; water to eight ounces. A tablespoonful thrice daily.

MEA CULPA. — Read the pamphlet entitled "A Lecture to Young Men" (5th Edition, post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the instructions therein given regarding diet habits and the use of tonic measures.

E. S. S.—For skin irritation, use the following lotion to be applied to the parts:—Powdered calamine, two drachms; powdered oxide of zinc, one drachm; glycerine, one drachm; camphor water to make up six ounces. Mix. Rest after your meals, and let your food be very light, eat little butcher meat, and give a vegetable dietary a trial.

BALD.—Keep the hair very short for a time; wash the head once weekly with Vinolia Soap and tepid water, and use the following lotion:—Bay rum and glycerine, of each, two drachms; tincture of cantharides and tincture of capsicum, of each, one drachm: sulphate of quinine, ten grains; and water, four ounces. Mix. A little of this lotion to be rubbed well into the roots of the hair each morning.

OXLEY.—Allow one of Burroughs, Wellcome & Co.'s Chlorate of Potash Tablets to dissolve in your mouth occasionally. These may be had of your druggist. Wash out the mouth after meals with Bunter's Puriline Tooth Wash, and look to the condition of your teeth, using the Puriline Tooth Polish.

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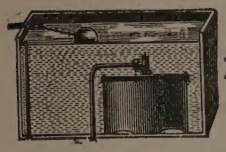

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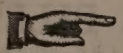

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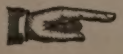

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